

Atty's 22094

Pat. App. 10/014,935

10 (b) 45 to 85% by weight of a mixture of plant extracts  
11 wherein the mixture includes:

12 (1) *escolsica californica*, *matricaria*  
13 *chamomilla*, *tilia cordata*, *crategus oxyacantha*, and *foeniculum*  
14 *vulgaris*, or

15 (2) *melissa officinalis*, *escolsica californica*,  
16 *matricaria chamomilla*, *ruscus aculeatus*, *foeniculum vulgare*, and  
17 *silybum marianum*; together with a pharmaceutically acceptable inert  
18 carrier or diluent.

1 37. A method of aiding an individual who smokes, to stop  
2 smoking, which comprises the step of administering to said individ-  
3 ual a therapeutically effective amount of a phytopharmaceutical  
4 composition for reducing tobacco smoke addiction which consists  
5 essentially of:

6 (a) 10 to 30% by weight of at least one amino acid  
7 selected from the group consisting of cysteine, cystine, phenylala-  
8 nine, methionine, tryptophan, tyrosine, histidine and glutamic  
9 acid; and

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10 (b) 45 to 85% by weight of a mixture of plant extracts  
11 wherein the mixture includes: melissa officinalis, escolsica  
12 californica, matricaria chamomilla, ruscus aculeatus, foeniculum  
13 vulgaris, and silybum marianum; together with a pharmaceutically  
14 acceptable inert carrier or diluent.

1 38. A method of aiding an individual who smokes, to stop  
2 smoking, which comprises the step of administering to said indi-  
3 vidual a therapeutically effective amount of a phytopharmaceutical  
4 composition for reducing tobacco smoke addiction which consists  
5 essentially of:

6 3.75% by weight tryptophan;  
7 3.75% by weight phenylalanine;  
8 3.75% by weight tyrosine;  
9 3.75% by weight methionine;  
10 15% by weight melissa officinalis,  
11 15% by weight escolsica californica;  
12 15% by weight matricaria chamomilla ;  
13 15% by weight ruscus aculeatus;  
14 10% by weight foeniculum vulgaris;  
15 10% by weight silybum marianum; and  
16 4.7% by weight sorbitol.